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I. Claim

1. A unitary one piece molded metatarsal guard comprising:  
a convex arch portion over the wearer's instep extending from the rear of the  
wearer's toes to the top of the wearer's instep;  
a lip integrally molded with said arch portion and overlying a toe cap; and  
concave right and left edge support legs overlying a shoe sole, said support legs  
integrally molded with the convex arch and extending on opposite sides of the  
wearer's foot.
2. A unitary one piece molded metatarsal guard as recited in claim 1, wherein the  
convex arch portion and right and left support legs are solid members without any  
openings therein.
3. A unitary one piece molded metatarsal guard as recited in claim 1, wherein the  
concave right and left support legs are of less width than the convex arch portion.
4. Footwear comprising a sole, a toe cap, and an upper having a unitary one piece  
molded metatarsal guard therein, said metatarsal guard comprising a convex arch  
portion over the wearer's instep extending from the rear of the wearer's toes to the  
top of the wearer's instep;  
a lip integrally molded with said arch portion and overlying the toe cap; and  
concave right and left support legs overlying the sole, said support legs  
integrally molded with the convex arch and extending on opposite sides of the

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wearer's foot.

5. A unitary one piece molded metatarsal guard as recited in claim 4, wherein the convex arch portion and concave right and left support legs are solid members without any openings therein.
6. A unitary one piece molded metatarsal guard as recited in claim 4, wherein the concave right and left support legs are of less width than the convex arch portion.

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